

SLEEP, SLEEP DISORDERS, AND BIOLOGICAL RHYTHMS		
California Science Content Standards Biology/Life Sciences - Grades 9 - 12		
Lesson	Standard	Description
2	6.g	Know how to distinguish between the accommodation of an individual organism to its environment and the gradual adaptation of a lineage of organisms through genetic change.
3	7.d	Know variation within a species increases the likelihood that at least some members of a species will survive under changed environmental conditions.
2, 3, 4	9.b	Know how the nervous system mediates communication between different parts of the body and the body's interactions with the environment.
1, 2, 3	9.c	Know how feedback loops in the nervous and endocrine systems regulate conditions in the body.
2	9.d	Know the functions of the nervous system and the role of neurons in transmitting electrochemical impulses.
California Science Content Standards Investigation & Experimentation - Grades 9 to 12		
Lesson	Standard	Description
1, 2, 3	1.a	Select and use appropriate tools and technology (such as computer-linked probes, spreadsheets, and graphing calculators) to perform tests, collect data, analyze relationships, and display data.
2, 3	1.b	Identify and communicate sources of unavoidable experimental error.
1, 2, 3	1.c	Identify possible reasons for inconsistent results, such as sources of error or uncontrolled conditions.
1, 2, 3, 4	1.d	Formulate explanations by using logic and evidence.
1, 2, 3, 4	1.f	Distinguish between hypothesis and theory as scientific terms.
1, 2, 3, 4	1.g	Recognize the usefulness and limitations of models and theories as scientific representations of reality.
1, 2, 3	1.j	Recognize the issues of statistical variability and the need for controlled tests.
1, 2, 3, 4	1.k	Recognize the cumulative nature of scientific evidence.
All lessons	1.l	Analyze situations and solve problems that require combining and applying concepts from more than one area of science.
All lessons	1.m	Investigate a science-based societal issue by researching the literature, analyzing data, and communicating the findings.

California English-Language Arts Content Standards – Grades 9 & 10		
Reading		
Lesson	Standard	Description
1, 2, 3, 4	2.3	Generate relevant questions about readings on issues that can be researched.
All lessons	2.4	Synthesize the content from several sources or works by a single author dealing with a single issue; paraphrase the ideas and connect them to other sources and related topics to demonstrate comprehension.
All lessons	2.5	Extend ideas presented in primary or secondary sources through original analysis, evaluation, and elaboration.
Writing		
Lesson	Standard	Description
2, 3, 4, 5	1.1	Establish a controlling impression or coherent thesis that conveys a clear and distinctive perspective on the subject and maintain a consistent tone and focus throughout the piece of writing.
2, 3, 4, 5	1.4	Develop the main ideas within the body of the composition through supporting evidence (e.g., scenarios, commonly held beliefs, hypotheses, definitions).
2, 3, 4, 5	2.3.a	Marshal evidence in support of a thesis and related claims, including information on all relevant perspectives.
2, 3, 4, 5	2.3.b	Convey information and ideas from primary and secondary sources accurately and coherently.
2, 3, 4, 5	2.3.c	Make distinctions between the relative value and significance of specific data, facts, and ideas.
Pre-lesson, 1, 2, 3	2.3.d	Include visual aids by employing appropriate technology to organize and record information on charts, maps, and graphs.
2, 3, 4, 5	2.3.f	Use technical terms and notations accurately.
2, 3, 4, 5	2.4.a	Structure ideas and arguments in a sustained and logical fashion.
2, 3, 4, 5	2.4.c	Clarify and defend positions with precise and relevant evidence, including facts, expert opinions, quotations, and expressions of commonly accepted beliefs and logical reasoning.
Listening and Speaking		
All lessons	1.1	Formulate judgments about the ideas under discussion and support those judgments with convincing evidence.
All lessons	1.6	Present and advance a clear thesis statement and choose appropriate types of proof (e.g., statistics, testimony, specific instances) that meet standard tests for evidence, including credibility, validity, and relevance.
All lessons	2.2.a	Marshal evidence in support of a thesis and related claims, including information on all relevant perspectives.

All lessons	2.2.b	Convey information and ideas from primary and secondary sources accurately and coherently.
All lessons	2.2.c	Make distinctions between the relative value and significance of specific data, facts, and ideas.
Pre-lesson, 1, 2, 3	2.2.d	Include visual aids by employing appropriate technology to organize and display information on charts, maps, and graphs.
All lessons	2.2.f	Use technical terms and notations accurately.
California Mathematics Content Standards Algebra I - Grades 8 - 12		
Lesson	Standard	Description
Pre-lesson, 1, 2, 3, 5	1.1	Students use properties of numbers to demonstrate whether assertions are true or false.
Pre-lesson, 1, 3	10.0	Students add, subtract, multiply, and divide monomials and polynomials. Students solve multistep problems, including word problems, by using these techniques.
1, 3	24.2	Students identify the hypothesis and conclusion in logical deduction.
1, 2, 3	25.1	Students use properties of numbers to construct simple, valid arguments (direct and indirect) for, or formulate counterexamples to, claimed assertions.